

# THE MRC CONNECTION

JULY 2009



Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601

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## The Flu Pandemic: A Serious Health Threat

The Flu Pandemic presents a serious health threat to all of our communities and to us. The Peninsula Health Department and the Peninsula Medical Reserve Corps are taking a proactive position of preparedness. Following are comments by Dr. Dave Trump, Director, Peninsula Health District and Kevin Pearce, Emergency Planner on the Flu Pandemic:

Dr. Trump: "Across the nation, every community and local health department will be challenged with responding to H1N1 influenza this fall. We expect H1N1 flu to return along with regular seasonal flu. H1N1 influenza most likely will cause more influenza illness than usual among children and young adults. Both regular flu vaccine and a new vaccine specifically against H1N1 flu will be available. We will need the help of MRC volunteers to get the H1N1 influenza vaccine to those who will benefit the most from the vaccine. We anticipate having to set up multiple community or school-based PODs to get vaccine to toddlers and school-aged children. We may need to establish multiple work-based PODs to get H1N1 vaccine to public safety (police, fire, EMS), health care and other critical workers. We will need to support community vaccine efforts for months (not days): 1) after an initial bolus, additional vaccine will arrive on a weekly basis throughout the season; 2) H1N1 vaccine will require two doses, four weeks apart, to provide full immunity.

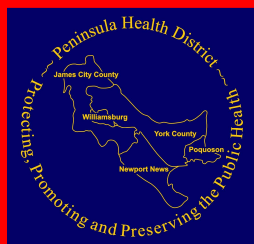
We need the help of medical professionals...to administer and prepare vaccine (RNs, LPNs) and to do medical screening (RNs, MDs, DOs). We need the help of lots of non-medical volunteers to support POD operations...assist with patient flow, register patients, collect/enter data, organize information and provide logistic services. Your commitment to training this summer will help us be well-prepared to meet the need of our communities this fall. Thank you for your interest and dedication...and consider recruiting a friend to join the Peninsula MRC."

Kevin emphasizes, "We also will need volunteers to help staff phone banks to provide information to the public on flu and flu vaccine. In addition, training and exercises for all-hazard preparedness (it is hurricane season) will continue".

*It is important for the PMRC volunteers to participate in the training that will be offered in specific areas this summer.* For instance, the Health Department has requested our PMRC support volunteers attend the CRA training for H1N1 Influenza Immunization Clinics that will be held in early August at the Peninsula Public Health Department, 416 J. Clyde Morris. Watch for details to come.

I thank all of you who responded to the survey sent to all the PMRC volunteers on June 15<sup>th</sup>. The training schedule is being decided and sent to all of you; please volunteer - the community will need you.

Helen T. Madden, Ph.D.  
MRC Coordinator



2009 the Peninsula MRC's Year of Preparedness

**Volunteers Protecting the Health of the Peninsula**

## Welcome new staff member



*Teresa Blakeslee*  
*Emergency Operations Technician, PMRC*

On June 22, 2009 Teresa Blakeslee joined the Peninsula MRC staff as an Emergency Operations Technician. Since 2004, Teresa has been a disaster services volunteer with many Virginia American Red Cross Chapters, and an employee of the American Red Cross National Headquarters in Washington, D.C., is CERT Trained through James City County, and holds certifications from the Emergency Management Institute. Teresa is currently a Hope Force International Reservist and in her spare time is their Champion for a major initiative called Be Prepared America for which she is collaborating with the Salvation Army.

Teresa defines disaster preparedness as measures taken to prepare for and reduce the effects of disasters on you and your family, and believes that disaster preparedness is best viewed from a broad perspective and is more appropriately conceived of as a goal rather than a specialized program or stage that immediately precedes a disaster.

Teresa's aim through preparedness workshops and hands-on activities to turn information in to action is to promote an alert, informed, and self-reliant community in the event of a disaster by breaking down barriers and simplifying the steps necessary to ensure preparedness. A schedule of opportunities for you to work with Teresa to ensure you are prepared so you can help others in the event of a disaster is being put together by MRC.

### 2009 the Peninsula MRC's Year of Preparedness

*Helen T. Madden, Ph.D.*  
**Peninsula MRC Coordinator**

## June Rabies Clinic Results

The Peninsula Health Department's parking lot was host to the free Rabies Clinic on June 6.



Free Rabies Clinic - June 6 - Peninsula Health Department

Once again, it was a successful clinic with Sam Tate, DVM vaccinating 63 dogs, and Amy Pemberton, LVT vaccinating 40 cats. Approximately 60% of the animals receiving the vaccine had not received a rabies shot in the past. This emphasizes the importance of the free rabies clinics meant to serve those in underserved areas of our communities. A total of six MRC and Peninsula Health Department volunteers participated and they were Sam Tate, DVM, and Amy Pemberton, LVT (PHD) as well as Monica Cohen, Katherine Rahman, Beth Sigler, and Lisa Ramseur (PHD) for a total of 30 hours.

## MRC Training Calendar

Course/Event	Date	Time	Location	Instructor
Psychological First Aid	Tuesday July 14	1:30 PM – 3:30 PM	PHD – Conference Room 1	Mary Begor
CPR for Health Care Professionals	Tuesday July 14	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To register call Helen 594-8045
Pet First Aid and CPR	Saturday July 18	9 AM – 2:30 PM (fee)	Merrimac Dog Training Club Hampton	To register call Sheila Austin 340-1545
CPR for Health Care Professionals	Monday July 20	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To register call Helen 594-8045
Psychological First Aid	Saturday July 25	10 AM – 12:00 PM	PHD – Auditorium	Mary Begor
Emergency Preparedness for individuals and families	Tuesday July 28	6:00 PM – 7:30 PM	PHD – Auditorium	Teresa Blakeslee Register by July 22 594-8045
CPR for Health Care Professionals	Tuesday August 4	8:00 AM – 1:00 PM	Mary Immaculate Hospital Health Education Room Newport News	PHD To Register call Helen 594-8045

Contact Teresa Blakeslee at (757) 594-8045 or [Teresa.Blakeslee@VDH.Virginia.Gov](mailto:Teresa.Blakeslee@VDH.Virginia.Gov)  
to register for training

## Community Outreach Events

Activity	Date / Time	Location	Volunteers Needed
BP Screening and Health Info	Thursday July 16 1:00 PM to 2:30 PM	Christian Village Newport News	<b>CANCELED</b> Volunteered – Mary Loesch, RN
BP Screening and Health Info	Friday July 17 10:00 AM to 11:30 AM	Checed Warwick Newport News	<b>CANCELED</b> Volunteered – Mary Loesch, RN
BP Screening and Health Info	Saturday July 18 11:00 AM to 2:00 PM	Woods of Yorktown Yorktown	Volunteered – Mary Loesch, RN
BP Screening and Health Info	Thursday July 23 2:00 PM to 3:30 PM	Steward Gardens Newport News	<b>CANCELED</b> Volunteered – Jennifer Martinez, RN
BP Screening and Health Info	Monday July 27 2:00 PM to 3:30 PM	Langley Village Hampton	<b>CANCELED</b> Volunteered – Pat Wharry, RN
BP Screening and Health Info	Tuesday July 28 2:00 PM to 3:30 PM	Mennowood Retirement Newport News	Volunteered – Carolyn Conley, RN
BP Screening and Health Info	Tuesday July 28 2:00 PM to 3:30 PM	Wellesley Commons Newport News	Volunteered – Mary Loesch, RN
BP Screening and Health Info	Wednesday July 29 2:30 AM to 3:30 PM	Warwick SRO Newport News	Volunteered – Brenda Sarno, RN
BP Screening and Health Info	Wednesday August 5 10:30 AM to 12:00 PM	Berkley Village Newport News	Volunteered – Mary Loesch, RN
BP Screening and Health Info	Wednesday August 5 10:30 AM to 12:00 PM	Berkley Village West Newport News	Volunteered – Mary Loesch, RN
BP Screening and Health Info	Wednesday August 5 1:00 PM to 2:30 PM	Berkley Village South Newport News	Volunteered – Mary Loesch, RN
<b>BP Screening and Health Info</b>	<b>Wednesday August 5 11:00 AM to 3:00 PM</b>	<b>Marshall Courts Comm. Ctr. Newport News</b>	<b>2 – 3 RN's needed for BP's</b>
BP Screening and Health Info	Thursday August 6 10:00 AM to 12:30 PM	Seton Manor Retirement Community Hampton	Volunteered – Molly and Sue Edgette RNs
BP Screening and Health Info	Friday August 7 2:00 PM to 3:30 PM	Great Oaks Newport News	Volunteered – Pat Olsen, RN
<b>BP Screening and Health Info</b>	<b>Saturday August 8 11 AM to 2 PM</b>	<b>Anderson Park Newport News</b>	<b>2 – 3 RN's needed for BP's</b>

Contact Helen Madden at (757) 594-8045 or [Helen.Madden@VDH.Virginia.Gov](mailto:Helen.Madden@VDH.Virginia.Gov) to volunteer

## Emergency Preparedness & Response Exercises

Event	Date / Time	Location	Volunteers Duties Assigned
There are no scheduled EP & R Exercises for July			

### Thanks to the Following Volunteers Who Worked in June

#### June 6 - Rabies Clinic

Sam Tate, DVM, and Amy Pembleton, LVT (PHD) as well as Monica Cohen, Katherine Rahman, Beth Sigler, Lisa Ramseur (PHD) for 10 medical and 20 non-medical hours for a total of 30 hours.

#### June 6 - Pet Sheltering Training

Sam Tate, DVM, and Debbie Zwirlein, William Cartright, Cheryl Ferreira, and Sandra Harrell who assisted from the City of Chesapeake, and York County for 2 hours medical and 6 hours non-medical for a total of 8 hours.

#### Community Outreach

PMRC RN's Pat Olsen, and Susan Edgette, Molly Edgette, and Mary Loesch for providing 63 blood pressure screenings and health information at living facilities for a total of 17 hours.

#### Office Support

Carol Perenzin, Fran Doyle, Winnie Bennett for their support keeping us organized in the office ordering supplies, updating the VVHS database, filing documents, and preparing us for exercises. A total of 12.75 hours.

### *The following volunteers provided their time and talent for Emergency Preparedness & Response Exercises*

#### June 16 - POD Exercise - Bethel High School:

Pat and Chuck Olson, Helena Fieldings, Winnie Bennett, Carol Perenzin, Audra Stone, Barbara Hood, Valentina Payne, Patsy Brown, and Joan Sparrock for working at the POD exercise distributing information and recruiting. 12 medical, 8 non-medical for a total of 20 hours.

#### June 17 - Surry Evacuation Exercise - Peninsula Health Department at Tabb High School:

Beth Hughes, Pat Olson, Carol Perenzin, and Joan Sparrock for assisting the Peninsula Health District with the Surry Evacuation Exercise for a total of 13.5 hours.



PMRC Volunteers assisting the Peninsula Health District with the Surry Evacuation Exercise - June 17 - Warwick High School

**June 17 - Surry Evacuation Exercise - Peninsula Health Department - Warwick High School:**

Mary Loesch, Timothy McNeely, Dr. Sam Tate, Patsy Brown, and Carol Perenzin, for assisting the Peninsula Health District with the Surry Evacuation Exercise for a total of **20.75 hours**.

**June 19 - Hampton Health Department POD Push Exercise:**

Helena Fieldings, Valentina Payne, Fran Doyle, Barbara Brown, Mary Loesch, Joan Sparrock, Carol Perenzin, Richard Britenham, Barbara Hood, and Beth Hughes for assisting with the POD exercise for a total of **35.5 hours**.



PMRC Volunteers at POD Push Exercise - June 19 - Hampton Health Department

**June 19 - Hampton Health Department Exercise Prep:**

Leona Wisoker, Valentina Payne, and Patsy Brown for working the POD Push Exercise. **12 hours total**.

**Total of 167.5 Volunteer hours!**

***Thank you to each of you for your work as an MRC volunteer.  
MRC relies on your dedication and your commitment to its mission.***



*We like to recognize our volunteers; please remember to submit your hours worked. ☺*

### Contact Information

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